



COLMAN POOL

SUMMER 2004

COLMAN POOL

8603 Fauntleroy Way SW
Seattle, WA 98136

206-684-7494

or, visit us on the web at
www.seattle.gov/parks

BUS INFORMATION

Lincoln Park and Colman Pool are served by Metro bus route numbers 34, 54, 116, 118, and 119.

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HOLIDAY OPENINGS!

(refer to Sunday schedule)

Monday, May 31, Memorial Day
Sunday, July 4, Independence Day
Monday, July 5, Ind. Day Observed
Monday, Sept 6, Labor Day

SWIM MEET CLOSURES

Thursday, July 8 – Saturday, July 10
Seattle Senior Open Meet
Friday, July 16 – Sunday, July 18
Seattle Age Group Meet

Spectators welcome!



SERVICES WE OFFER

- Times for people to swim and play
- Swim Lessons for all ages
- Personal swim instruction
- Special Events
- Pool Party Rentals

Let us know what we can do for you!

COLMAN POOL

8603 Fauntleroy Way SW
 Seattle, WA 98136
 Phone: (206)684-7494
 visit us at <http://seattle.gov/parks>

Professional Staff

Kenneth R. Bounds, *Superintendent*
 Herbye White, *Recreation Support Director*
 Kathy Whitman, *Aquatic Manager*
 Kristen Schuler, *Aquatic Program Coordinator*
 Matt Richardson, *Colman Pool Coordinator*
 Marcia Nussbaum, *Colman Pool Sr Lifeguard*
 Mark Sears, *Colman Pool Operator*

Hours of operation

June 19 – September 6, 2004

Monday – Sunday Noon – 7 p.m.

Pre-Season and Post-Season

Colman Pool will also be open on the following late-spring/early-fall weekends:

May 29, 30, and 31

June 5 and 6; 12 and 13; September 11 and 12

Open on the following Holidays:

Memorial Day	Mon., May 31
Independence Day	Sun., July 4
Independence Day Observed	Mon., July 5
Labor Day	Mon., Sept. 6

Swim Meet Closures

Thursday, July 8 – Saturday, July 10
 Seattle Senior Open Meet

Friday, July 16 – Sunday, July 18
 Seattle Age Group Meet

Regular programming will be cancelled; however, spectators are welcome.

Program registration

Walk-in begins May 29th @ 12:30 p.m.

Rentals

Colman Pool is available to rent for special events and birthday parties. For more information, call 206-684-7494 during operating hours. Please allow 2 weeks advance notice for all rental requests. Payment required to hold reservation.

Payment

You can pay for swim lesson registration in person during regular facility hours. Rentals may be paid by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to City of Seattle or C.P.A.C. (staff rental fees). Please note: Payment is due when you register; unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due plus a \$20 fee. We are working on a system that will make online registration available.

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that any person who registers for a swim class that is cancelled for any reason by the Department will receive a full refund. In the event of an unplanned cancellation of a single session of a class, that class will be rescheduled whenever possible. If it cannot be rescheduled, the participant will receive a refund or credit. A participant may be issued a refund if he/she drops a class, and notifies the program coordinator, prior to the second class session. The prorated class fee plus a service charge of \$5 or 10% of the fee, whichever is greater, will be retained by the facility. If a participant drops a class after the second session of a series, no refund will be given.

Scholarships

The City of Seattle and Colman Pool try to ensure that swim lessons are available to everyone. If you are interested in receiving a low-income reduced rate, please see our pool cashier for an application. Documentation required to receive the discount rate.

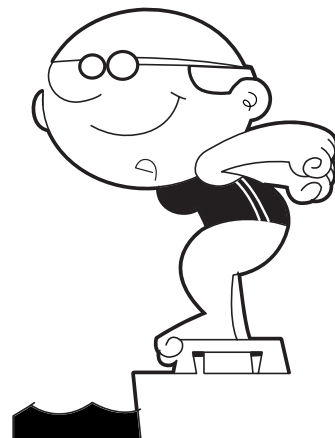
Waiting lists

We will create waiting lists for all filled classes. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations/Minimum Enrollment

A minimum of 4 students is required for all youth swimming classes.

A minimum of 3 students is required for 3-year-old classes. Programs may be combined or cancelled if minimum enrollment is not met. If a class is cancelled by the pool, the participant will be refunded or credited (see refund policy).



COLMAN POOL SPECIAL EVENTS

BEACH SPLASH PARTY

Friday, June 25 5 – 7 p.m. Family Swim

Kick off summer "Island Style" with Reggae music and games. Children must be accompanied into the water by an adult. Regular Admission.

RED, WHITE & BLUE DAY

Sunday, July 4 5 – 7 p.m. Family Swim

Join us for an evening of patriotic swimming fun. Children must be accompanied into the water by an adult. Regular Admission.

NATIONAL AQUATIC WEEK

Friday July 23 5-7PM Family Swim

Join us for a celebration of aquatics. Learn about swimming and boating safety. Children must be accompanied into the water by an adult \$1.00 Admission.

KIDS CARNIVAL

Thursday, August 26 1:45 – 5 p.m.

Games and prizes for participants and FREE Ice Cream for ALL!!! Regular Admission.

POOL HISTORY AND INFORMATION

COLMAN POOL HISTORY

Colman Pool was built in 1941 and donated to the City of Seattle by the Colman family. It is located on a scenic point of land overlooking the beach in Lincoln Park. Pool visitors park along Fauntleroy Way and enjoy a short walk through Lincoln Park to reach the pool.

Prior to the construction of Colman Pool the site had been home to an unheated tide pool built by the City in 1925 for use by the public and maintained as part of the municipal beach program until Colman Pool replaced the old Lincoln Tide Pool in 1941.

This warm water saltwater pool is constructed of reinforced concrete and tile. The swimming area of the pool is 20 yards wide and 50 meters long. Depths range from 3½ feet to 12½ feet under the diving boards. There are 8 official 7½ foot swimming lanes for competition. Diving equipment consists of official USS 1-meter and 3-meter adjustable boards. New in 1998 was a 50' spiral slide.

Water for the 500,000 gallon pool comes from Puget Sound. The Water supply is captured and delivered to the tank by a 20-hp pump from three wells located on the beach. These wells are 6 ft in diameter and 12 ft deep.

The water is maintained at a temperature of 84 to 85 degrees by an automatic natural gas fired boiler. To conserve energy, state of the art thermal pool covers are used every night.

ADMISSION POLICY

Colman Pool is a community gathering place with grassy sunbathing area, deck chairs and picnic tables. Admission fees are charged to all persons entering the facility, even if they are not swimming. Use of the pool, deck and picnic area are part of the overall recreation experience. A separate admission fee is required for each program.

2004 FEES & CHARGES

Recreation Swim Prices

Youth	\$2.25
Adult	\$3.25
Senior Adults	\$2.25
Special Populations/ADA	\$2.25
Recreation Swim Card	\$20.00
Adult F.A.S.T. Pass*	\$45.00
Sr./Youth/ADA F.A.S.T. Pass*	\$35.00
Children under 1 year old	Free

Water Exercise Fees

Adult Fitness/Masters Workout	\$3.75
Sr./Youth/ADA Fitness	\$2.50
Fitness Swim Ticket	\$30.00

Other Fees

"Just a Shower"	\$2.00
Towel Rental	50¢
Corkscrew Slide	\$1.00

Fees Subject to Change

***The F.A.S.T. Pass** is an unlimited personal monthly pass which allows you to access all fitness and recreational swim programs. Good at any City Pool! It's the best value for your buck!

RECREATIONAL SWIMMING

PUBLIC SWIM

Public Swims are recreational swimming at its finest. We invited you to enjoy the afternoon playing in the sun. The CORKSCREW slide is open! Groups, such as camps or large birthday parties, should call at least one week in advance to insure availability.

Age: 6 years and under must meet the minimum height requirement (at least 4 feet) or must be accompanied by an adult into the pool.

Mon – Thu 1:45 – 5:30 p.m.

Fri – Sun 1:45 – 5 p.m.

FAMILY SWIM

A time for families to enjoy the pool. An adult must accompany all children in to the water. This is an excellent time for young in years and young at heart to practice swimming skills and to spend quality time together! The CORKSCREW slide is open!

Age: All children must be accompanied into the water by a responsible adult

Fri – Sun 5 – 7 p.m.

RECREATION SWIM FEES

Adults (18 – 64) \$3.25

Youth/Seniors/Special Pops \$2.25

FITNESS SWIM FEES

Adults (18 – 64) \$3.75

Youth/Seniors/Special Pops \$2.50

F.A.S.T. PASS

Provides unlimited access to all fitness and recreational swim programs. Good at any City Pool!

Adults (18 – 64) \$45.00

Youth/Seniors/Special Pops \$35.00

FITNESS SWIMMING

FITNESS

The water has been shown to be an excellent exercise medium. It supports body weight and turns fitness activities into low-impact or no-impact. People that have difficulty exercising on land may get the range of motion and muscle work that they seek. The pressure that water exerts on the body reduces swelling. This is excellent for rehabilitation. The water resistance increases exponentially the harder that you push it. Even the most seasoned athlete can get a great workout.

MASTERS WORKOUT

Let our experienced coach lead you through an interval workout! Each practice will contain a variety of endurance and sprint drills, kicking and pulling sets, and stroke and training tips. This workout is for adult fitness swimmers of all ages and abilities. No registration is required.

Age: Adult

Mon – Thu 6 – 7 p.m.

Saturdays Noon – 1 p.m.

Sundays Noon – 1:30 p.m.

LAP SWIM (4-6 LANES)

For the serious athlete or the recreational swimmer who simply wants to enjoy the salt water and fresh air. Our 50-Meter pool offers fast, medium and easy lanes.

Mon – Sun Noon – 1:30 p.m.

Mon – Thu 5:30 – 7 p.m.

Fri – Sun 5 – 7 p.m.

HYDRO FIT

A deep water class using resistance equipment that not only burns calories, but also strengthens muscles while shaping and toning the entire body. This class is great for hips, thighs, arms and stomach. No registration is required.

Tue, Thu 5:15 – 6 p.m.

COLMAN POOL SUMMER 2004 POOL SCHEDULE

Patrons are allowed to enter the facility 5 minutes before the start of their session.						
	Mon & Wed	Tues & Thurs	Friday	Saturday	Sunday	Spring/Fall & Holidays
Noon	Lap Swim (4 lanes) Swimming Lessons Noon – 1:30 p.m.	Lap Swim (4 lanes) Swimming Lessons Noon – 1:30 p.m	Lap Swim (4 lanes) Swimming Lessons Noon – 1:30 p.m	Lap Swim (6 lanes) Noon – 1:30 p.m. Masters Workout Noon – 1 p.m. (2 lanes)	Lap Swim (6 lanes) Noon – 1:30 p.m. Masters Workout Noon – 1 p.m. (2 lanes)	Lap Swim (8 lanes) Noon – 1:30 p.m.
12:30 p.m.						
1:00 p.m.						
1:15 p.m.						
1:30 p.m.	15 Minute break for change in pool configuration from 1:30 – 1:45 p.m.					
1:45 p.m.	Public Swim 1:45 – 5:30 p.m.	Public Swim 1:45 – 5:30 p.m.	Public Swim 1:45 – 5 p.m.	Public Swim 1:45 – 5 p.m.	Public Swim 1:45 – 5 p.m.	Public Swim 1:45 – 5 p.m.
2:00 p.m.						
2:30 p.m.						
3:00 p.m.						
3:30 p.m.						
4:00 p.m.						
4:30 p.m.						
5:00 p.m.		Hydrofit 5:15-6 p.m.				
5:30 p.m.	Lap Swim (6 lanes) 5:30 – 7 p.m. Masters 6 – 7 p.m.	Lessons 5:30 – 6 p.m. Lap Swim (6 lanes)* 5:30 – 7 p.m. Masters 6 – 7 p.m.	Family Swim & Lap Swim (4 lanes) 5 – 7 p.m.	Family Swim & Lap Swim (4 lanes) 5 – 7 p.m.	Family Swim & Lap Swim (4 lanes) 5 – 7 p.m.	Family Swim & Lap Swim (4 lanes) 5 – 7 p.m.
6:00 p.m.						
6:30 p.m.						
7:00 p.m.	Pool Rentals 7 p.m. until dusk	Pool Rentals 7 p.m. until dusk	Pool Rentals 7 p.m. until dusk	Pool Rentals 7 p.m. until dusk	Pool Rentals 7 p.m. until dusk	Pool Rentals 7 p.m. until dusk
Dusk						

*6 lanes after 6 p.m.; 4 lanes from 5:30 – 6 p.m.

A separate admission fee is required for each program.

Colman Pool 206-684-7494 • Online: www.seattle.gov/parks

Pre-season: May 29, 30, 31 & June 5, 6, 12, 13

Post-season: September 11, 12, 18, 19

Holiday Schedule: May 31, July 4, September 6

Closed July 8-11 & 16-18 for Seattle Open Swim Meet

WADING POOLS

Wading Pool Hotline

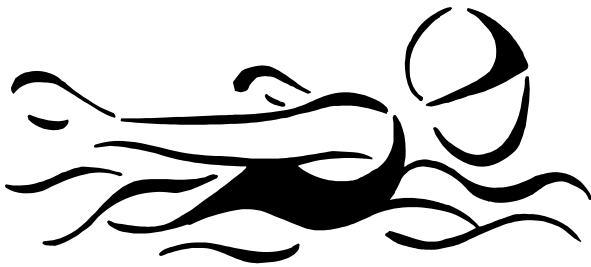
684-7796

Seattle Parks and Recreation operates 25 wading pools and two spray features. They are a wonderful way to beat the summer heat. The wading pools will not be filled on cool or rainy days. Call the hotline for daily status.

SWIM LESSON SCHEDULE

	Class	Days	Time	Start Date	End Date	# of Lessons	Fee	Class No.
SESSION 1	Tots	Tue & Thu	1:00 p.m.	June 22	July 15	7*	\$28	11
	3 year olds	M W F	1:00 p.m.	June 21	July 2	6	\$36	21
	Kinders	Mon – Fri	Noon	June 21	July 2	10	\$40	31
	Youth	Mon – Fri	12:30 p.m.	June 21	July 2	10	\$40	41
	Advanced Youth	Mon – Fri	1:00 p.m.	June 21	July 2	10	\$40	51
	Diving	M W F	12:30 p.m.	June 21	July 2	6	\$24	61
	Diving	M W F	1:00 p.m.	June 21	July 2	6	\$24	71
	Adult	Tue & Thu	5:30 p.m.	June 22	July 15	7*	\$28	81
SESSION 2	3 year olds	M W F	1:00 p.m.	July 7	July 23	6	\$36	12
	Kinders	Mon – Fri	Noon	July 6	July 23	11*	\$44	22
	Youth	Mon – Fri	12:30 p.m.	July 6	July 23	11*	\$44	32
	Advanced Youth	Mon – Fri	1:00 p.m.	July 6	July 23	11*	\$44	42
	Diving	M W F	12:30 p.m.	July 7	July 23	6	\$24	52
	Diving	M W F	1:00 p.m.	July 7	July 23	6	\$24	62
SESSION 3	Tots	Tue & Thu	1:00 p.m.	July 20	Aug 12	8	\$32	13
	3 year olds	M W F	1:00 p.m.	July 26	Aug 6	6	\$36	23
	Kinders	Mon – Fri	Noon	July 26	Aug 6	10	\$40	33
	Youth	Mon – Fri	12:30 p.m.	July 26	Aug 6	10	\$40	43
	Advanced Youth	Mon – Fri	1:00 p.m.	July 26	Aug 6	10	\$40	53
	Diving	M W F	12:30 p.m.	July 26	Aug 6	6	\$24	63
	Diving	M W F	1:00 p.m.	July 26	Aug 6	6	\$24	73
	Adult	Tue & Thu	5:30 p.m.	July 20	Aug 12	8	\$32	73
SESSION 4	3 year olds	M W F	1:00 p.m.	Aug 9	Aug 20	6	\$36	14
	Kinders	Mon – Fri	12:00 p.m.	Aug 9	Aug 20	10	\$40	24
	Youth	Mon – Fri	12:30 p.m.	Aug 9	Aug 20	10	\$40	34
	Advanced Yth	Mon – Fri	1:00 p.m.	Aug 9	Aug 20	10	\$40	44
	Diving	M W F	12:30 p.m.	Aug 9	Aug 20	6	\$24	54
	Diving	M W F	1:00 p.m.	Aug 9	Aug 20	6	\$24	64
SESSION 5	Tots	Tue & Thu	1:00 p.m.	Aug 17	Sept 2	6	\$24	15
	3 year olds	M W F	1:00 p.m.	Aug 23	Sept 3	6	\$36	25
	Kinders	Mon – Fri	12:00 p.m.	Aug 23	Sept 3	10	\$40	35
	Youth	Mon – Fri	12:30 p.m.	Aug 23	Sept 3	10	\$40	45
	Advanced Yth	Mon – Fri	1:00 p.m.	Aug 23	Sept 3	10	\$40	55
	Diving	M W F	12:30 p.m.	Aug 23	Sept 3	6	\$24	65
	Diving	M W F	1:00 p.m.	Aug 23	Sept 3	6	\$24	75
	Adult	Tue & Thu	5:30 p.m.	Aug 17	Sept 2	6	\$24	85

*No class July 5, 8, 9, or 16.



TOTS

This series of lessons helps you and your child to explore the swimming pool. The emphasis is on your child learning to relax and become comfortable in this new environment. Parents and children spend quality time learning swimming skills. One parent needed to accompany each child.

Age: 6 months – 4 years

3 YEAR OLDS

Our instructors use their “kid gloves” to introduce students to the water. Basic skills are focused on while each student is allowed to progress at their own rate.

Age: 3 years old

KINDERS

Designed to teach the basic skills of swimming and water safety to ages 4 – 5. These classes help build your child’s confidence and provide a solid foundation for more advanced classes.

Age: 4 to 5 years

BEGINNING YOUTH LEVEL 1–3

Youth Lessons for beginners, levels 1 – 3 (6 years and older) The American Red Cross lesson format provides a steady progression of swimming classes for youth ages 6 and up by building skills, teaching safety and encouraging fitness. Youth move into Advanced classes at the completion of Level III after becoming proficient in both crawl stroke and backstroke.

Age: 6 to 18 years

ADVANCED YOUTH LEVEL 4–7

A step beyond beginning youth lessons! Now that the skills of youth swimming lessons have been perfected, your child will learn and perfect elementary backstroke, sidestroke, breaststroke, butterfly, and even some water-safety skills.

Age: 6 to 18 years

Pre-requisite: Successful completion of Red Cross Level III

ADULTS

Swimming lessons are offered for all levels, from basic water adjustment to advanced swimming skills. Classes are arranged by ability so swimmers will work at their own comfort level.

Age: 18 years and older

PRIVATE LESSONS

Colman Pool offers private swim lessons to those interested in one-on-one attention. Private lessons allow for concentrated instruction to meet individual needs. Cost is \$22 per ½ hour lesson or \$32 for a semi-private lesson with a sibling or friend with similar swimming ability. To schedule, please contact Matt Richardson or Marcia Nussbaum during operating hours at 206-684-7494



Through the 2000 ProParks Levy, the citizens of Seattle voted to provide funding for FREE swimming lessons for all 3rd and 4th grade students in Seattle. The FREE swim lesson program is available for the first time beginner as well as the more advanced swimmer. For more information on the “Learn to Swim” program, please call Colman Pool @ 206-684-7494 or visit our web page at

www.seattle.gov/parks/aquatics/learntoswim.htm



Lincoln Park Facilities and Trails Map

Puget Sound

Colman Pool



1 inch equals 550 feet



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Source: Trails and park facilities data collected using Global Positioning Systems.
Map date: May 11, 2004

Legend

- Campfire Circle
- Shelter
- Restroom
- Tennis Courts
- Park Boundary
- Horseshoe pits
- Play area
- Parking
- 50' Contours
- Trails

Trail Distances

- Trail #1 - 1.07 miles
 - Trail #2 - 0.78 miles
 - Trail #3 - 0.47 miles
 - Trail #4 - 0.16 miles
 - Trail #5 - 0.14 miles
 - Trail #6 - 0.50 miles
 - Trail #7 - 0.10 miles
 - Trail #8 - 0.23 miles
 - Trail #9 - 0.16 miles
 - Trail #10 - 0.22 miles
 - Trail #11 - 0.23 miles
 - Trail #12 - 0.19 miles
 - Trail #13 - 0.11 miles
 - Trail #14 - 0.11 miles
- Measurements in horizontal distance

Annex

Wading Pool

Sports Fields

FAUNTEROY WAY SW

Parking

Little League Field

Horseshoe Pits

Shelter 1

Shelter 2

Shelter 3

Play Area

Handicap Parking
(Need Permit)